

## Start Tomorrow and Keep It Up Every Morning

Get in the habit of drinking a glass of hot water before breakfast.

We're not here long, so let's make our stay agreeable. Let us live well, eat well, digest well, work well, sleep well, and look well. What a glorious condition to attain, and yet, how very easy it is if one will only adopt the morning inside bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store. This will cost very little, but is sufficient to make anyone a pronounced crank on the subject of inside-bathing before breakfast.

### MALE HELP WANTED

**FOUNDRY LABORERS**—Yard laborers; to unload material, etc.

**NIGHT DUMPERS**—to shake out castings and cut over sand nights.

**CUPOLA LABORERS**—to get iron to cupola and charge.

**CASTING CLEANERS**—to clean castings, grind and chip.

**NO LABOR TROUBLE**—Beautiful city with most excellent schools.

Increasing our output.

We pay 22½ cents an hour for this work 10 hours a day. 12 hrs a night.

Bring this ad to **WILSON FOUNDRY & MACHINE CO.**, Pontiac, Michigan.

**Mother Gray's Sweet Powders for Children.**

For Feverishness, Bad Stomach, Teething Disorders, move and regulate the Bowels and are a pleasant remedy for Worms. Used by Mothers for 28 years. **THEY NEVER FAIL.** At all druggists, 25c. Sample FREE. Address, Mother Gray Co., LeRoy, N. Y. 18-4.

Most people have lost more by crowding than they would by waiting their turn.

### VIRGINIA FARMER

Restored To Health By Vinol

Atlee, Va. — I was weak, run-down, no appetite, my blood was poor, I could not sleep nights and was rapidly losing flesh, but I am a farmer and had to work. Medicines had failed to help me until I took Vinol. After taking three bottles my appetite is fine, I sleep well, my blood is good and I am well again. —ORLANDO W. BORKEY.

Vinol, our delicious cod liver and iron tonic without oil, is guaranteed to overcome weak, run-down conditions, chronic coughs, colds and bronchitis.

W. C. Spring Drug Co.

## Frank Phillips

Tonsorial Artist.

When in need of anything in my line call in and see me.

**WE WANT** a man or woman in every already represented, to introduce **BROWN HERB TABLETS** guaranteed remedy for Constipation, Indigestion and Dyspepsia. Over 100% profit. Easy seller, repeat orders. Permanent income. Write for pamphlets, FREE SAMPLES and terms. **BROWN HERB CO.**, 66 Murray St., New York City.



**PARKER'S HAIR BALSAM**

A toilet preparation of molasses to eradicate dandruff.

For Restoring Color and Beauty to Gray or Faded Hair. Sold at all Druggists.

**CHICHESTER'S PILLS**

DIAMOND BRAND

Refuse all Substitutes.

Beware of Counterfeits.



**LADIES!** Ask your Druggist for **CHICHESTER'S DIAMOND BRAND PILLS** in Red and Gold metallic boxes, sealed with Blue Ribbon. TAKE NO OTHER. Buy of your Druggist and ask for **CHICHESTER'S DIAMOND BRAND PILLS**, for twenty-five years regarded as Best, Safest, Always Reliable. **SOLD BY ALL DRUGGISTS EVERYWHERE WORTH TALKING**

## THE GRAND GETAWAY

By A. H. C. MITCHELL

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(Continued from preceding page)

Hemenway was feeling very chipper. He continued: "Now, Joe, take my advice and get into some working clothes. And at the same time you can get rid of that black bundle. Then come on deck and—Well, look who's here!"

All hands turned and looked in the direction Hemenway was pointing. Running on the dock toward the schooner was a man in the last stages of exhaustion. He was so far gone that he couldn't run straight, but zig-zagged along, the sweat pouring off his face and his mouth wide open.

As he neared the edge of the dock he swept his eyes over the group of men on the yacht and without hesitation jumped to the deck. He tumbled in a heap when he landed, not having strength enough left to keep his pins.

"Here you are at last, Dennis," cried Hemenway as he helped him to his feet. "But you needn't have hurried so, old sport. We weren't going to leave you behind."

The gum shoe man grasped a shroud to steady himself. He was panting furiously.

"It's all off!" he gasped.

"What's all off?" demanded Hemenway.

"I don't go on this trip, and that man don't go either. I want him." He pointed to Lent.

"Want him?" cried Hemenway. "What for?"

"He knows."

Hemenway turned to Lent. "What do you know about this?" he said.

"Not a thing. The man's crazy. I never saw him before in my life unless he's the man that jumped out of a doorway and yelled at me when I drove down here in a taxi."

An understanding of the whole thing flashed into Hemenway's mind. The gum shoe man had been shadowing Lent all the time, even that first night when he met them both for the first time in the park.

That accounted for that feeling of doubt he had when the man applied to him for a job. Then in another flash there came to Hemenway a plan of action. He winked at the other men and said quietly:

"Come on forward with me, Dennis, and tell me about it."

They walked forward past the foremast and the gum shoe man turned so that he could keep his eye on Lent. Hemenway faced him. "Now what's the trouble?" he said.

"Why, that young fellow's name is Joe Lent, and he works in a bank. He's been robbing 'em, and the bank people are convinced of it, but they can't find how he does it, because his accounts are always straight. So they went to a detective agency and I was put on his trail."

"I haven't found out how he robs the bank yet, but I got the goods on him in another way last night. He was around town cashing money checks. He nearly gave me the slip half an hour ago when he jumped in the taxi."

"I couldn't get anyone to follow him in and had to run all the way down to this place." He was still breathing heavily.

A heavy frown was gathering on Hemenway's face as McDonald was talking.

"You are a dirty low down cur ror playing a trick like this on me, McDonald. You with your hard luck story and me staking you every night. Gimme back that money!"

The gum shoe man looked as though he was ashamed of himself. "Sure," he said sheepishly, thrusting both hands in his trouser pocket. "I'm sorry, but—"

A violent shove sent McDonald backward. His heels struck the coaming of the forward hatch and he fell over. In falling his head hit the opposite coaming, his body doubled up like a jack-knife, and he disappeared in the hold.

Quick as a flash Hemenway jerked the cover on, grabbed the hatch bar and clamped it down. It was all over in less than ten seconds.

"All right, skippers!" shouted Hemenway as he ran aft. "Fire away your orders and we'll get out of here."

### CHAPTER XI

"That's My Pile."

George clapped his hands. "Get the jib on her, Jim," he yelled. "Hey watchman, stand by to cast off that stern line."

Hemenway pulled off his coat and hat, threw them down the companionway, and with Lent followed Jim forward. They ran up the jib, and as it thrashed in the wind George shouted: "Cast off! That's the stuff. Stand by the bow line. Cast off! Cast off! Haul aft the jib sheet!"

The Runaway slowly gathered headway and was soon clear of the dock. George took her well out in the bay and then brought her up in the wind. They hoisted fore and main sail and

forestay sail. Then pointing close to the wind the Runaway went off on the starboard tack and when well clear came about and headed for the Golden Gate on a strong ebb tide.

When there was a chance for a breathing spell Jim turned to the "crew."

"I take it you fellows never handled a rope before," he observed.

"Guilty," replied Hemenway with a grin.

"How about you, Lent?"

"Same here."

"Well, we are taking considerable of a chance. The thing to do is to make you learn the rope and learn 'em fast."

"How about eats? I haven't had any breakfast," said Hemenway.

"Nothing doing until this deck is cleared up. Come this way and I'll show you how to coil a rope."

He started Hemenway on the hal-yards that cluttered the deck around the mainmast and put Lent to work forward, explaining things as they went along, and soon the deck was clear.

The wind, as had been said, was a trifle west of north, and blowing a good eight knots. Under its influence the Runaway rapidly neared the open sea. A hundred times since the yacht left the dock Hemenway had cast an anxious eye in that direction. A hundred times his eye had swept the water-front in fear that something, he knew not what, would put from one of the wharves, overhaul the schooner, put aboard her, and slip handcuffs on his wrists.

(Continued Next Week)



Edna Purviance, Leading Woman in Chaplin-Mutual Releases.

Edna Purviance, playing leads opposite Charles Chaplin, the Mutual million dollar comedian, is known to picture fans throughout the country. Miss Purviance is a striking blonde and one of the most beautiful young women in screen work. She is not yet twenty years of age. Miss Purviance is an undergraduate of Vassar, where she was noted for her work in amateur theatricals. Mr. Chaplin "discovered" her while she was playing with an amateur company in San Francisco. He immediately engaged her as his leading woman, and she has appeared with him in every Chaplin release since. Miss Purviance is a dramatic artist as well as a comedienne and hopes some day to star in a company of her own. Several offers have already been made her by prominent eastern theatrical magnates, but she has not as yet been lured away from the Mutual-Chaplin company. Miss Purviance appears in an exceptionally novel role in "The Floorwalker," first of the Mutual-Chaplin comedies.



## SHOES for Men

For every-day wear you feel the need of a SHOE which, while supremely comfortable, is correct in style and pleasing in appearance.

You'll find exactly what you wish in our line of **RALSTON SHOES**—\$3.50 to \$5.00—let us show you.

Comfort plus style, multiplied by wear—that's Ralston's. Try them.

**At HUDSON'S  
EXCLUSIVE SHOE STORE.**

## School Commissioner's Notes

May L. Stewart, Commissioner

Mr. Coffey, the state standard school inspector, arrived Monday, May 8th. He came at the invitation of several school boards of the county to meet with them right at the school house and study with them their own local problems. Mr. Coffey is a former commissioner of years of experience and a specialist in rural schools. The list of schools visited will be published next week.

Three Bells attendance record the past year—best in the county. Out of 29 pupils enrolled 19 received Diplomas of Honor for being neither absent nor tardy thruout the entire year. Up to the present writing this is more than three times what any other school has yet gained. There were during the first four months 24 neither absent nor tardy and 20 during the spring term. If any school can beat this send in your record post haste.

Rock Elm placed a halo about the second day of May by holding a Mothers' Day. There was a good attendance, a fine program, a photographer, much delicious home-made candy and there were problems profitably discussed. You should have seen the "Winding of the May-pole."

Afton has decided in 12 new seats and a new floor. For some time Afton has been getting in line for something better than they have.

Wilson Athletic Meet was Wednesday the third. Afton won.

Social at Walker school on May 10th. This was a special legal enthusiastic, social gathering. Details later.

At present just half of the rural teachers are subscribing for 'Moderator Topics.'

Eveline Athletic meet at Walker school the fifth. One good way to celebrate Arbor and Bird day.

Obidiah was pushing at a mighty big boulder. Suddenly the boulder went over and Obidiah went with it. When he arose he was surprised to see by his footprints that he was a few inches in advance of his first position.

Friday the fifth was a big day. Picnic at Horton's Bay, Athletic meet in Walker school, a surprise on Mr. Peasleeby the patrons of the school and school board presenting him with a much deserved memento for his services during the past year, and a picnic at the Chaddock school. If the blue bird knows of more celebrations on this glad day, he should send in the glad tidings. The commissioner was so sorry that the examinations kept her from participating in these festivities. She appreciates the kind invitations received even tho she was present only in spirit.

It's a long way to the new standard, it's a long way to go, It's a long way to the new standard, to the finest school I know. Goodbye narrow school house, goodbye darkened panes, It's a long, long way to the new standard that my heart proclaims.

### SHE TOLD HER NEIGHBOR

"I told a neighbor whose child had croup about Foley's Honey and Tar," writes Mrs. Rehkamp, 2404 Herman St., Covington, Ky. "When she gave it a couple doses she was so pleased with the change she didn't know what to say." This reliable remedy helps colds, coughs, croup and whooping cough. —Hite's Drug Store.

However, a fool and his money are a combination you don't meet every day.

A man without a collar button is almost as helpless as a woman without a hairpin.

### HAS A GOOD REPUTATION

The original and genuine Honey and Tar cough syrup is Foley's Honey and Tar Compound and because this has given such universal satisfaction and cured so many cases of coughs, colds, croup and whooping cough there are imitations and substitutes offered to the public. Insist upon Foley's.—Hite's Drug Store.

An obese woman tries to console herself with the belief that she knows some other woman who is fatter than she is.

### LADIES CAN WEAR SHOES

One size smaller after using Allen's Foot-Ease, the antiseptic powder to be shaken into the shoes and used in the foot-bath for hot, tired, swollen, aching, tender feet. It makes tight or new shoes feel easy. Sold everywhere, 25c. Ask for Allen's Foot-Ease. DONT ACCEPT ANY SUBSTITUTE. 18-4

DONT GIVE AWAY your old rubbers, scrap iron, rags and junk. Take it to HARRY KLING and get the top-notch price.

"ROUGH ON RATS" ends RATS, MICE, Bugs. Die outdoors. Unbeatable Exterminator. Used World Over, by U. S. Gov't too. Economy Size 25c, or 15c. Drug & Country Stores. Refuse substitutes. FREE. Comic Picture R.—E. S. Wells, Jersey City, N. J. 18-6



## SPRING TONICS

Have you got that run-down, laggy feeling? A bottle of our tonics will make you feel new again.

## Spraying Materials

Are advancing rapidly in prices, but we bought right and can sell right. Come in and let us quote you prices.

## Hite Drug Co.

PURE DRUGS



## You can't afford

to eat or drink anything which you are not absolutely sure is PURE. Every drop of our milk comes from a healthy cow, fed on balanced rations, milked in absolutely sanitary quarters and then the milk is PASTEURIZED.

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The Wholesomeness and Purity of our Milk is unsurpassed and you pay no more to have it pasteurized.

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YOU WANT ICE this summer. Let me supply you and keep your refrigerators working. Will give you reliable service at reasonable prices.

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